

Claims

What is claimed:

1. A modular martial arts training device comprising:
 - (a) at least two tubular components, said at least two tubular components each having at least one joining end, an interior surface and an exterior surface, and
 - (b) a connection means affixed within said interior surfaces of each of said at least one joining end to removably affix said at least two tubular components together to form a continuous shaft.
2. The modular martial arts training device according to claim 1 wherein said continuous shaft comprises two tubular components, a first tubular component and a second tubular component.
3. The modular martial arts training device according to claim 1 wherein said connection means comprises a receiving means affixed within said interior surface of said joining end of said first tubular component and a locking means affixed within said interior surface and projecting from said joining end of said second tubular component.
4. The modular martial arts training device according to claim 3 wherein said receiving means comprises a pin mounted transverse and setback from said joining end within said interior surface of said first tubular component.
5. The modular martial arts training device according to claim 3 wherein said locking means comprises a cylindrical component having an upper end, a lower end and an external diameter, said external diameter able to be received within said joining end of said first tubular component, said lower end affixed within said

interior surface of said second tubular component, said upper end projecting from said joining end of said second tubular component, said upper end having a hook to engage said pin.

5 6. The modular martial arts training device according to claim 5, wherein said locking means further comprises a spring fitted within said cylindrical component, said spring having a bottom end and a top end, said bottom end affixed within said lower end of said cylindrical component and said top end being about flush with said upper end of said cylindrical component when uncompressed.

7. The modular martial arts training device according to claim 5 wherein said hook comprises at least one J-shaped notch in said upper end of said cylindrical component for engaging said pin.

8. The modular martial arts training device according to claim 6 wherein said locking means comprises a spring and a shaft provided within said spring, one end of said shaft slidably affixed to said top end of said spring and the other end slidably affixed to said lower end of said cylindrical component, said bottom end of said spring affixed to said lower end of said cylindrical component.

25 9. The modular martial arts according to claim 2 wherein said exterior surface of said first and second tubular components comprise gripping means.

10. A modular martial arts training device comprising:
(a) at least two tubular units, said at least two tubular units having at least one joining end, an interior surface and an exterior surface;

(b) a connection means affixed within said interior surface of said at least one joining end to removably affix said at least two tubular units together to form a continuous shaft; and

5 (c) at least two leg attachment means able to be affixed to said exterior surfaces of said at least two tubular units.

11. The modular martial arts training device according to claim 10 wherein said continuous shaft comprises three
10 tubular units, a first tubular unit having a first end and a second end, a second tubular unit having a third and fourth end, and a third tubular unit having a fifth and sixth end, said second tubular unit having an internal surface and an external surface.

15 12. The modular martial arts training device according to claim 11 wherein said first tubular unit and said third tubular unit further comprising a plurality of apertures positioned linearly along the lengths of said first and third tubular units.

20 13. The modular martial arts training device according to claim 11 wherein said connection means comprises a threaded dowel extending from said second end of said first tubular unit, a threaded dowel extending from said fifth end of said third tubular unit, and said
25 internal surface of said third and fourth ends of said second tubular unit being threaded and able to receive said threaded dowels extending from said second end of said first tubular unit and said fifth end of said third tubular unit.

30 14. The modular martial arts training device according to claim 11 wherein said connection means comprises a threaded dowel extending from said third end and said

forth end of said second tubular unit, and said internal surface of said second end of said first tubular unit and said fifth end of said third tubular unit being threaded and able to receive said threaded dowels extending from said third end and said forth ends of said second tubular unit.

15. The modular martial arts training device according to claim 13 wherein said threading on said threaded dowel on said first tubular unit is a right-handed thread and said threading on said threaded dowel on said third tubular unit is a left-handed thread.

16. The modular martial arts training device according to claim 14 wherein said threading on said threaded dowel on said third end of said second tubular unit is a right-handed thread and said threading on said threaded dowel on said forth end of said second tubular unit is a left-handed thread.

17. The modular martial arts training device according to claim 13 wherein said threading on said threaded nut on said first tubular unit is a right-handed thread and said threading on said threaded nut on said third tubular unit is a left-handed thread.

18. The modular martial arts training device according to claim 13 wherein said threading on said threaded nut on said third end of said second tubular unit is a right-handed thread, and said threading on said threaded nut on said fourth end of said second tubular unit is a left-hand thread.

19. The modular martial arts training device according to claim 10 wherein each of said at least two leg attachment means comprises an adjustable strap and a pin affixed to one end of said adjustable strap, said

pins able to be received by any of said plurality of apertures of said first and third tubular units.

20. The modular martial arts training device according to claim 17 further comprising a restraining means
5 removably affixed to said adjustable straps and routed behind the user to secure the position of said leg attachment means.

21. The modular martial arts training device according to claim 13 wherein said threading on said second tubular
10 unit is at about a 25 degree orientation to about a 45 degree orientation.

22. The modular martial arts training device according to claim 13 wherein said threading on both said first and third tubular units is about 1 to 3 threads per inch.

15 23. The modular martial arts training device according to claim 13 wherein said external surface of said second tubular unit comprises a gripping means.

24. A modular martial arts training device comprising:

20 (a) three tubular units, a first tubular unit having a first end and a second end, a second tubular unit having a third and fourth end, and a third tubular unit having a fifth and sixth end, said second tubular unit having an internal surface and an external surface, said first tubular unit and said third
25 tubular unit further comprising a plurality of apertures positioned linearly along the lengths of said first and third tubular units;

30 (b) a connection means, said connection means comprising a right-handed threaded dowel extending from said second end of said first tubular unit, a left-handed threaded dowel extending from said fifth end of said third tubular unit, and said internal

surface of said third and fourth ends of said second tubular unit being threaded and able to receive said threaded dowels extending from said second end of said first tubular unit and said fifth end of said third tubular unit to removably affix said three tubular units together to form a continuous shaft; and

(c) two leg attachment means, said two leg attachment means comprising an adjustable strap and a pin affixed to one end of said adjustable strap for each of said two leg attachment means, said pins able to be received by said plurality of apertures of each of said first and third tubular units.

25. A modular martial arts training device comprising:

(a) three tubular units, a first tubular unit having a first end and a second end, a second tubular unit having a third and fourth end, and a third tubular unit having a fifth and sixth end, said second tubular unit having an internal surface and an external surface, said first tubular unit and said third tubular unit further comprising a plurality of apertures positioned linearly along the lengths of said first and third tubular units;

(b) a connection means, said connection means comprising a right-handed threaded dowel extending from said third end of said second tubular unit, a left-handed threaded dowel extending from said forth end of said second tubular unit, and said internal surface of said second end of said first tubular unit and said fifth end of said third tubular being threaded and able to receive said threaded dowels extending from said second tubular unit to removably

affix said three tubular units together to form a continuous shaft; and

(c) two leg attachment means, said two leg attachment means comprising an adjustable strap and a pin affixed to one end of said adjustable strap for each of said two leg attachment means, said pins able to be received by said plurality of apertures of each of said first and third tubular units.

26. A method for assisting flexibility and stretching exercises using the modular martial arts training device of claim 11 comprising the steps of:

(a) affixing a first tubular unit to a second tubular unit by inserting a right-handed threaded dowel extending from said second end of said first tubular unit into said third end of said second tubular unit;

(b) affixing a third tubular unit to said second tubular unit by inserting a left-handed threaded dowel extending from said fifth end of said third tubular unit into said fourth end of said second tubular unit;

(c) connecting one adjustable strap onto the right leg;

(d) connecting one adjustable strap onto the left leg;

(e) affixing said right leg to said first tubular unit by inserting and securing said pin of said adjustable leg strap into one of said plurality of apertures on said first tubular unit;

(f) affixing the left leg to said third tubular unit by inserting and securing said pin of said adjustable leg strap into one of said plurality of apertures on said third tubular unit; and

(g) rotating said second tubular unit, thereby unthreading said first tubular unit and said third

tubular unit from said second tubular unit, thereby flexing and stretching said legs.

27. A method of converting the martial arts training device of claim 1 into martial arts training clubs comprising the steps of:

(a) grasping said training staff about the middle of said first tubular component with one hand and grasping about the middle of said second tubular component with the other hand;

(b) compressing said first tubular component toward said second tubular component;

(c) twisting said first tubular component in one direction while twisting said second tubular component in the opposite direction disengaging said first tubular component from said second tubular component; and

(d) separating said tubular components into martial arts training clubs.